



HARLEYSVILLE SPECIAL PROGRAMS

Please sign up for all programs in person at the Greeter's Desk or by calling 215-256-6900.



• **JULY FITNESS CLASS CHANGES** | No Tai Chi with Mark on *July 14 or 16*. No Tone & Balance with Lysandra on *July 3, 24, or 31*. Dance with Lysandra will be replaced with Jane's Stretch and Tone on *July 1, 22, or 29*. There will be no Chair Yoga until Fall, as we look to determine the best time moving forward.



• **EVERY FRIDAY IN JULY at 10 am: TAI CHI FOR ARTHRITIS** | Join this Montgomery County Office of Aging Services evidence-based, 8-week program that utilizes the Sun Style for relaxation, balance, and ease of movement. Each class is led by a certified instructor and lasts up to an hour. The movements can be done standing or sitting. Increase your strength, balance, and flexibility while improving your mind, body, and spirit! **Spaces are limited so sign up with Gina in the office right away. There is no cost for this program.**



• **SPARK HARLEYSVILLE HOAGIE SALE** | Pre-order your \$7 Turkey or Italian Hoagie (9") by *July 18th* for pick-up on *July 31st* from 1-3pm at SPARK Harleysville. These fresh, delicious sandwiches will be personally made by our own volunteers. **The quantity will be limited so place your order with Gina as soon as possible!**



• **TUESDAY, JULY 1, from 9 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.

• **TUESDAY, JULY 1 @ 10 am: Stamp Club** | Join us to talk about stamps and everything else. We welcome everyone and would enjoy having you join the group. No need to be an expert, just come join us!

• **WEDNESDAY, JULY 2 @ 10:30 am: 4th of July Party with YMCA Campers** | Come celebrate the birth of our country with our young YMCA neighbors with fun activities, games, and snacks! **Please sign up with Gina in the office by Mon, June 30.**

• **WEDNESDAY, JULY 2 @ 1 pm: Indoor Golf Tournament hosted by Humana** | Bring your competitive spirit and your smooth golf stroke as we play a 4-hole tournament on our dance floor, organized by Jim Link of Humana, complete with snacks and prizes!

• **THURSDAY, JULY 3 @ 11 am: Help Yourself to Healthy Living: "Immunizations Update"** | Gain an understanding of the various immunizations and the Center for Disease Control's current recommendations! **Don't forget to get your free blood pressure check between 9:30 and 10:45 am.**

• **THURSDAY, JULY 3 @ 12:30 pm: Table Toppers** | Come join our decorating group on Thursday this month, since we will be closed on Friday. This is some fun socializing while also helping make our dining room tables look pretty. No experience necessary!

• **TUESDAY, JULY 8 @ 1:30 pm: Book Club** | Join our avid readers to engage in conversation about the book of the month, plus take part in voting on which book to read next month.

• **WEDNESDAY, JULY 9 @ 10:30 am: The Road to Valley Forge - The Revolutionary War in Montgomery County** | We may remember the 1776 crossing of the Delaware and the Valley Forge encampment as events that tested the endurance of the patriot forces, but the continental soldiers triumphed over scores of other hardships at places lesser known. In the fall of 1777, the Continental Army fought two key battles and marched hundreds of miles through all types of terrain and in all sorts of weather. Often deprived of food, sleep, and comfort, the soldiers deserve recognition for what they endured during this campaign for the cause of liberty. Join historical reenactor, lecturer, and tour guide, Michael Jesberger for this course which will include images of Philadelphia area historic sites, maps, and eyewitness accounts of the participants which will bring these seldom-celebrated events to life. Come join us for this free event!

• **WEDNESDAY, JULY 9 @ 1 pm: UPMC Dental Health Presentation** | This program will cover the importance of proper routine dental care and cleanings, diabetes and dental health, daily routine, adaptive care and denture care, plus additional resources available to you. **Please sign up with Gina in the office by Mon, July 7.**

• **FRIDAY, JULY 11 @ 9 am: Breakfast Club at So Much To Give Inclusive Cafe** | Join us at 3401 Skippack Pike, Cedars, PA 19423, for our monthly breakfast outing. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Mon, July 7 so we can call ahead for seating.**



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• **SUNDAY, JULY 13 @ 4 pm: Poppy's Tavern Weekend Dinner Outing** | Sign up at either Center for this special WEEKEND dinner outing at 64 E. Lincoln Ave., Hatfield, PA 19440. We will be able to enjoy watching the 4:10 pm Phillies game while we eat! You must provide your own transportation and pay your own bill. **Please RSVP at either Center by Wed, July 9.**



• **TUESDAY, JULY 15, from 9 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.



• **TUESDAY, JULY 15, from 10:30 am to 12 pm: Cash for Gold** | Leave your wallet at home but bring your old or broken gold, silver, or platinum jewelry, class rings, coins, sterling silver flatware, or even dental gold, and turn it into CASH in your pocket! We thank Carol Hoy for making this valuable service available to our Seniors in our secure environment.



• **WEDNESDAY, JULY 16 @ 1 pm: Summertime Safety and Wellbeing for Older Adults with MCOAS** | Debbie Jankowski will present on the following topics: Benefits of Spending Time Outdoors, Ways to Stay Safe in Hot Weather, and How to Spot and Treat Problems Caused by Heat. **Please sign up with Gina in the office by Mon, July 14.**



• **THURSDAY, JULY 17 @ 1 pm: PA Health & Wellness Birthday Celebration & Program** | Come celebrate all July birthdays with birthday cake and an interactive health presentation on July Health Awareness by Estelle Walker. Sign up for lunch and stay for the fun!



• **TUESDAY, JULY 22 @ 1 pm: NEW! Hunting & Fishing Social Club** | Come join our group to share your epic adventure stories from your hunting and fishing experiences. Make some new friends who enjoy some of the same activities that you do.



• **WEDNESDAY, JULY 23 @ 10 am: Happy? Ya! Ya! Crew** | Happiness comes from moving together. Join us for seasonal activities featuring simple, easy-to-do movements, such as walking, corn hole, ping pong, etc. This will be an invigorating social and active session, so come on out and make some friends!



• **WEDNESDAY, JULY 23 @ 1 pm: GreenLight Mobility** | Discover how smart home modifications can help you or your loved ones stay safe, independent, and comfortable at home. Join physical therapist and owner of GreenLight Mobility, Gabrielle Minich, for an engaging presentation on practical and effective solutions that support aging in place.



• **FRIDAY, JULY 25 @ 9:30 am: Veterans' Coffee Catch-Up** | All Veterans are invited to come join us for a relaxed, social gathering to share stories and get to know each other.



• **FRIDAY, JULY 25, from 12 pm to 1:30 pm: Special Christmas in July Lunch** | Enjoy Trish's Homemade Lump Crab Cakes with Lemon Herb Aioli, Red Bliss Potato Salad, Fresh Vegetable Salad & Christmas Cookies for dessert. Join in on our Christmas song karaoke – no experience necessary! Stay even longer to enjoy a fun Christmas movie in the Program Room. **Please Sign up with Gina in the office by Fri, July 18; Cost \$8.**



• **WEDNESDAY, JULY 30 @ 1 pm: Ice Cream Social- Pictures of our Past** | Sign up for lunch and stay for ice cream while you browse around many pictures of our organization from the past 50 years!

HARLEYSVILLE SENIOR SPOTLIGHT: ROY SHRUM



Steady and true is our Roy, who has been supporting us with his dishwashing skills for quite a few years now. His dedication to serving others is apparent in the way that everything he does is from his heart. Roy noted that the Lord has provided some wonderful volunteer opportunities since he retired, including doing dishes in our kitchen. He feels blessed to play a role in providing meals for the senior community in Harleysville and he is thankful for how the people at SPARK Harleysville make him and other volunteers feel so appreciated. We love your calm demeanor and your great sense of humor when you are here with us, Roy. Thank you for being you!